



METRO HEALTH.



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SAN ANTONIO METROPOLITAN HEALTH DISTRICT

Pandemic Influenza

***What does your business need
to do to prepare?***



METRO HEALTH.



Prepare for the Worst, Hope for the Best

- Imagine losing a minimum of one-fourth of your **Workforce**.
- Imagine losing one-fourth of your **Suppliers**.
- Imagine losing one-fourth of your **Customers**.
- How will this affect your **Business**?



***Pandemic Influenza is not your usual
Seasonal Flu.***

Are you prepared?

Protect Your Employees' Health

The flu is easily spread from person to person when an infected person coughs or sneezes. Stay healthy. Stop the spread of germs. Follow these basic hygiene precautions:

1. Avoid touching your mouth, nose, and eyes.
2. Cover your mouth and nose with tissue when coughing and sneezing. If you don't have a tissue, cough and sneeze into your sleeve. Throw away tissues after use!
3. Frequently wash hands in warm water (15-20 seconds). Use an alcohol-based hand cleanser when hand washing is not possible.
4. Limit personal contacts when sick. Be conscious of casual handshakes, or a kiss on the cheek. Stay home when you are sick. Avoid public gathering places-such as stadiums or theaters.
5. Get plenty of sleep. Manage stress. Eat nutritious foods. Exercise.

What Should *You* Do When a Pandemic Strikes?

By its nature, the arrival of pandemic flu in our community is not likely to hit in one burst, but rather be a slower, developing process not easily recognized. Local public health officials keep in constant contact with state, federal, and international public health epidemiologists who monitor the pandemic flu situation worldwide. San Antonio will release information to the community through a variety of outlets, including TV, radio, print, and the internet.

www.sanantonio.gov/health

How to know if you have flu?

Typical flu symptoms include:

- fever (usually over 100.4°F)
- dry cough
- headache
- extreme tiredness
- sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

How does Seasonal Flu differ from Pandemic Flu?

Seasonal Influenza	Pandemic Influenza
Occurs yearly, October - March	Occurs in cycles of 10-40 years, any time of the year
Affects 5-20% of the population, particularly the elderly, infants, and people with existing medical conditions	Affects 25-50% of the population, particularly healthy young adults
In the US, kills 36,000-40,000, with most deaths in the high risk groups	In the US, 70,000 deaths (1957-58) to 500,000 deaths (1918)
Illness usually lasts 5-7 days with full recovery by 2 weeks	More severe illness, for longer period
Vaccine available based upon currently circulating virus strains	Caused by a new virus strain, no vaccine would be immediately available. New vaccine production requires at least six months.
Antiviral drugs have proven useful against current virus strains	Antiviral drugs may be in short supply or may not be as effective against a pandemic strain

What Should Your Business Do to Prepare?

1. Appoint a Pandemic Influenza Planning Coordinator.
2. Establish a contingency plan which includes steps to take in the event of an influenza pandemic
3. Establish an emergency communications plan and revise periodically. This should include contact information, chain of communications, and processes for tracking and communicating business and employee status.
4. Identify essential employees. Build in cross-training necessary to ensure business continuity.
5. Maintain a healthy work environment by promoting policies to stop the spread of flu such as respiratory hygiene education and hand sanitizers. Encourage vaccination when available.



6. Identify key service areas. Determine which can be modified or delayed if necessary. For those which can not be altered, establish alternative plans to fulfill the services required.
7. Establish policies and systems to allow telecommuting. Minimize the need for face to face meetings.
8. Consider lenient sick leave policies to encourage ill employees to stay home from work without penalty.
9. Educate your staff about pandemic flu: the threat and the preventive measures they can take.
10. Communicate with San Antonio Metropolitan Health District and City of San Antonio Emergency Management to maintain up to date information on Pandemic Influenza and the local response. Consult www.sanantonio.gov/health for more information.

